

September, 2019

Town of Braintree Department of Elder Affair

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after September 3rd at 9:30 am
Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.
Thank you for your patience and understanding

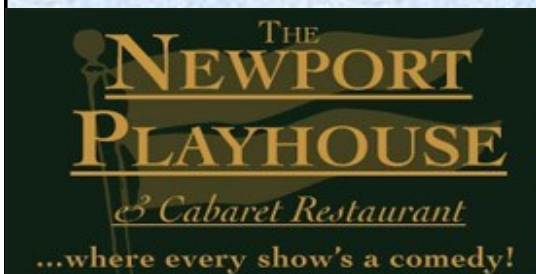
October 30, 2019 Trip

Newport Playhouse Luncheon and performance of “Boeing, Boeing”

Bus Departs: 9:30 AM

Bus Returns: 6:00 PM

Cost: \$70.00 (includes, bus, tips, buffett luncheon, Play and Cabaret Show)



A Little About the Show...

The play is set in the 1960s, and centers on bachelor Bernard, who has a flat in Paris and three [stewardesses](#) all engaged to him without knowing about each other. But Bernard's life gets bumpy when his friend Robert comes to stay, and complications such as weather and a new, speedier [Boeing](#) jet disrupt his careful planning. Soon all three stewardesses are in the city simultaneously, and catastrophe looms

* U.S. Disabilities ACT of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of notice provided to the Department of Elder Affairs at least 30 days prior by calling 781-848-1963 **Braintree Residents Only**

Sharmila's Corner

Greetings,

Summer came in late this year, but right now it looks like it is here to stay for a few more days. There were a couple of days in July when the heat index was dangerously high. The Mayor had declared the Senior Center as a Cooling Center and there was a skeleton crew here on a Saturday morning, to ensure that the building was accessible to anyone who needed a little relief from the oppressive heat. Thank you Bill and Michelle. The summer months are beautiful in New England and we all know that the heat does not stay for too long. So, enjoy the days and just remember to keep yourself hydrated and refrain from strenuous activities from the hours of 10 AM to 3 PM.

Most of you know that Braintree Elder Affairs has a very busy Transportation Program. Older adults, who live alone and are unable to drive, our vans take them to their medical appointments. Many are driven to the Senior Center so they can participate in the programs and activities offered by us. Twice a week, some are driven to the local grocery store and some days, if time permits and under emergency, seniors may be driven to the local bank, drug store, etc. Undoubtedly, in every Senior Center, Transportation is one of the most important service. Without this service, I strongly believe that many of our elders could not maintain a healthy and an independent lifestyle. To support our program, we have a great team of drivers and helpers. Frank, as most of you know is our full time person and Eddie is with us part time. We have Tony, Brian and Vinny, they are volunteers who help us on a regular basis. Last, but not least, Doug and Nick, our volunteer escorts. Doug and Nick are always ready to help seniors who use our vans to grocery shop. Thank you gentlemen. All of you are very special to us.

To keep our transportation program running smoothly we also need help from you, our riders. To schedule a ride, please give us at least 48 hours notice. Please do not leave your ride request on the phone voice message. Call during business hours so someone can check the availability and confirm the ride. If you need to cancel, please let us know, for that, you can leave a voice message. Please be ready when the van comes to pick you up. Precious time goes by when our driver has to ring your door bell or call us to call you. It is helpful, if you know where your doctor's office is. Often times, our van driver has to search for the place and that again is time consuming. If you go grocery shopping, please make sure you buy just enough what you can carry. We need to have space in the van to fit in everyone's grocery bags. We are lucky to have Nick and Doug help carry the groceries, but please make sure that the items are not too heavy or too many. Once in the van, make sure to put your seat belts on. Kindly ask for help if you cannot do it yourself. Please be courteous to the driver and fellow passengers. If you are too sick or have a bad cold, you can always call to cancel the ride. To follow some standard practices, please make sure you are wearing clean clothes and shoes, so everyone can have a comfortable ride. Our drivers are not allowed to accept tips. But if you are very much appreciative of their service, the Senior Center is always happy to accept a donation. Thank you for your patience and understanding.

Let us all have a wonderful ride together.*Sharmila*

Special Activities and Meetings: See our calendar for a complete list of activities

2nd & 4th Monday	Bereavement Support Group	2:00 PM
1st Wed & 3rd Wed	Bingo—	1:00 PM
Monday Sept 9th & 23rd	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
September 3	Low Vision	10:00 AM
September 5	TRIAD-Emergency Preparedness	10:00 AM
September 9	Sheriff's Cookout	11:30 AM
September 10	Dedication to Mary Cirignano and Jean York	11:00 AM
September 10	Supper Club (Please call to sign up, Braintree residents take preference)	3:00 PM
September 13	Dance with Rosie from Brightview	1:00 PM
September 24	AARP Returns	1:00 PM
September 16, 23	Origami with Peg	1:00 PM
September 25	New Movie Wednesday -"Going in Style"	12:00
September 26	Lobster Roll Cruise	10:30
September 27	Turkey Dinner at the Moose Lodge	12:00
September 30	Luncheon at Braintree Elder Affairs	12:00

RECYCLING

Braintree Recycling Office Article

Under recently revised MA D.E.P. rules for recycling, an item no longer accepted is shredded paper. The reason being that shredded paper is always in some type of bag and, when opened at the recycling processing plant, the material flies around the room and equipment, resulting in the plant not being able to recycle it. Bags of shredded paper now need to go in the trash.

To offer Braintree residents an alternative, the Town is instituting a service wherein shredded paper can be dropped off. The new service will be available as of May 1st at the Town's Recycling Center, 257 Ivory Street during regular hours: Mon, Tue, Thur, Fri & Sat (7am-3PM). Closed: Wed, Sun & holidays. Residents can simply hand their bag(s) to an attendant who will empty them into the special carts (limit of two 15 gallon bags per visit). Please do not place shredded paper in any other container at the site.

Rosemary Nolan
781-794-8060



Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, Sept. 12	Independence Housing	10:30-11:30
Wed, Sept 18	Department of Elder Affairs	12:15-1:00
Tuesday, Sept. 24	Roosevelt Housing	12:00-12:30

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday, Sept. 3	Roche Bros
Thursday, Sept. 5	Stop & Shop
Tuesday, Sept. 10	Shaw's
Thursday, Sept. 12	Shaws
Tuesday, Sept. 17	Stop & Shop
Thursday, Sept. 19	Stop & Shop
Tuesday, Sept. 24	Roche Bros
Thursday, Sept. 26	Shaw's

Special Shopping Trip: Friday, Sept. 13, Dollar Store, Quincy

Monthly Movie

Date: Wednesday, September 25
Time: 12:00 Noon



Three friends and retired steelworkers are outraged to learn that their pension fund has been raided by a shady corporation. Soon, they decide to rob one of the corporation's banks to get their money back in this rousing crime comedy.

Services

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;
please call for an appointment
- **Ask the lawyer:** free consultations;
please call for an appointment
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**

Monthly Luncheon



Date: September 30

Time: 12:00 Noon

Where: 71 Cleveland Ave, Braintree

Department of Elder Affairs

Menu: Cost: \$7.00

Meatloaf

and

Mashed Potato

Along with some wonderful

music



From the Chairman

From The Chairman of the Board, Hank Joyce

Well the good weather continues to be beautiful for those of us who like the hot weather and don't mind the sun. If you don't like this hot weather, please stay cool either in your house, the Senior Center or go to a nice cool movie house and enjoy a good movie. Talking about good movie the Center had Upside which is a great movie and I am sure for those who saw it will tell you it is one of the best movies they have seen in a long time.

Well my Boston Red Sox are not doing too well with only 45 games to go they are at least 5-7 games out of the wild card spots and need to put a real good winning streak together. It is almost football time and the Patriots looked pretty good in their 1st pre-season game. I am sure Coach Bill was pleased with some of the new players he got and looks forward to getting them ready for the real season which start in only 4 weeks. As we approach September, the Senior Center is getting ready for a very busy September. Starting on the 5th of September is Emergency Preparedness presented by Mass Office on Disability (TRIAD). On the 9th the Sheriff's Dept. will be in for the annual cookout and there will be Lobster Roll Cruise on the 26th, followed by the Moose Lodge turkey luncheon on the 27th, and our regular monthly luncheon on the 30th. Looks like a lot of food will be served at the Senior Center in September.

On September 17th we have a very important primary election to select the people who will make it to the November ballot. Please take a real close look at the candidates before you vote as this is a very important time for Braintree as we prepare to have a new Mayor and a few new Councilors. As we all know there are some very important decisions to be made over the next few years. I hope you continue to enjoy the summer and the cooler weather that comes with it as we approach September. Please make it down to the Center during the month of September as we have something for everyone. Please continue to be safe and happy.

TRIAD

Emergency Preparedness

Presented by

Evan George of Mass Office of Disability

Please Call Department of Elder Affairs to sign up

At 781-848-1963

Date: September 5

Time: 10:00 AM

Where: Braintree Department of Elder Affairs

Members of the disability community will learn about the emergency response resources and procedures within the local community and the steps that can be taken to personally prepare for emergency situations such as ice storms, fire, toxic, chemical leaks, etc...





MONDAY	TUESDAY	WEDNESDAY
2 CLOSED Happy Labor Day	3 Shopping Shuttle: Roche Bros 9:00 S&S Bus (housing) 9:30 Bocce 9:30– Beginners Computer 10:00 Bob Cobbett and Silver Sneakers 10:00 Low Vision 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage	4 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 1:00 Bingo 
9 9:30 Current Events 10:30 Chair Yoga 11:30 Public Safety Cookout-Sheriff's Dept. 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia 2:00 Bereavement group	10 Shopping Shuttle: Shaw's 9:00 S&S Bus (housing) 9:30 Bocce 9:30– Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 11:00 Dedication to Mary Cirignano and Jean York 11:00 Line Dancing 12:30 Bridge 12:30 Cribbage 3:00—Supper Club (please call to sign up)	11 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker
16 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gong/Tai 1:00 Origami 12:00 Pool Players 12:00 Poker 2:45-I-Phone Assistance with BHS students	17 Shopping Shuttle: Stop & Shop 9:00 S&S Bus (housing) 9:30 Bocce 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage 12:30 Open Enrollment 2020 Election Day!	18 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00 Blood Pressure Clinic 1:00 Bingo 1:00 Hearing test (by appointment only) 
23 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gon/Tai Chi 1:00 Origami 12:00 Pool Players 12:00 Poker 12:00 Trivia 2:00 Bereavement group 2:45-I-Phone Assistance with BHS students	24 Shopping Shuttle: Roche Bros 9:00 S&S Bus (housing) 9:30 Bocce 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 11:00 Line Dancing 1:00—Ask the Lawyer: Free by Appt. 12:30 Bridge 12:30 Cribbage 1:00 AARP Returns 5:00 Alzheimers Support Group	25 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00 New Movie- "Going in Style"
30 9:30 Current Events 10:30 Chair Yoga 11:30--phone Assistance with BHS Students 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia Luncheon– Meatloaf and Mashed Potatoes		



THURSDAY		FRIDAY	
	5 Shopping Shuttle: Stop & Shop 9:30 Mah Jongg 10:00 TRIAD-Emergency Prep 11:30 Quilting Group 11:30 Chair Yoga 1:00 Knit/Crochet		6 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday: City Slickers
	12 Shopping Shuttle: Shaw's 9:30 Mah Jongg 10:00 Photography 11:30 Quilting Group 11:30 Chair Yoga 1:00 Knit Crochet		13 Special Shopping Trip: Dollar Store, Quincy, MA 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 No Movie 1:00 Rosie From Brightview Canton Presentation Come take dance lessons with are friend from Brightview Canton
	19 Shopping Shuttle: Stop & Shop 9:30 Mah Jongg 10:30 Book Club-"A Dog's Journey" 11:30 Quilting Group 11:30 Chair Yoga 1:00 Knit/Crochet		20 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday: Baby's Day Out 12:30 Ask the Lawyer 1:00 Board Meeting Resumes
	26 Shopping Shuttle: Shaw's 9:30 Mah Jongg 10:00 Photography 11:30 Quilting Group 11:30 Chair Yoga 1:00 Knit/Crochet Trip: Lobster Roll Cruise		27 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Moose Lodge Luncheon@The Moose Lodge 12:00 Fun Movie Friday: Fever Pitch

Outreach Department



Drive Safely:

With school being back in session, we would like to remind you that children will be out and about crossing streets at their bus stops. This is a reminder to be extra cautious while driving.

New application for Housing Authority:

You can now apply for the Housing Authority online at the CHAMP (Common Housing Application for Massachusetts Public Housing) website. The CHAMP website is:

<https://publichousingapplication.ocd.state.ma.us/>

If you do not have access to a computer, you can fill out a paper copy of the CHAMP application and mail or deliver it to the Housing Authority.

Friendly Visitor Program:

Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. The Friendly Visitor Program is funded by a Title IIIB grant from South Shore Elder Services and by a grant from the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. If you or anyone you know could benefit from this program, please call the Outreach Office at 781-848-1963.

Alzheimer's' Care Giver's Support Group: A Memorable Evening

Braintree Elder Affairs invites you to join us for a wonderful Musical Evening. We are delighted to plan an evening for you and your loved one. Care giving is stressful, so please come, relax and unwind. There will be music and fun with drumming to a different beat. Nothing is complete without good food, so please join us for dinner. If you are a caregiver taking care of a relative afflicted with Alzheimer's related Dementia, this evening is dedicated to you.

Music

Drumming Circle

Food will be provided through the courtesy of Grove Manor Estates

Date: September 24, 2019 at 5 PM

To Sign Up: Please call 781-848-1963 (Braintree Residents will get preference)

Moose Lodge, Luncheon



Once again, in September, our generous friends from the Braintree Moose Club would like to invite our Braintree seniors for a delicious luncheon at the Lodge.

This is a **free event** sponsored by the Loyal Order of the Moose and the Women of the Moose.

Date: Friday, September, 27, at 12 PM

**Where: Braintree Moose Lodge # 413
175 Howard Street, Braintree**

To sign up, please call 781-848-1963
Braintree residents only please.

Medicare 2020: What is changing and what is not

Melinda Morle

SHINE Program Director, HESSCO

It is easy to understand why Medicare is so important....but not always simple to understand Medicare choices and changes. What changes can Medicare beneficiaries expect to see in 2020. Come and learn which plans supplement Medicare coverage, which plan saves on prescriptions, legislations that affects Medicare beneficiaries, new Medicare cards and more.

Open Enrollment begins from October 15 through December 7, 2019. An important time to think and understand your choices.

September 17, 2020 at 12:30 PM

Please call 781-848-1963 to sign up for this very important session

Cheese and fruit will be served

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



In memory of Mary Cirignano and Jean York

Tuesday, September 10 at 11 AM

Braintree Elder Affairs invites you to a dedication ceremony in the memory of two great women. Mary and Jean were an important part of the Senior Center. Between the two of them, they gave over 40 years of service to Braintree Department of Elder Affairs, formerly known as the Braintree Council on Aging. They both have passed, but we still cherish their memory and we still laugh when we remember Mary's sense of humor.

Braintree Elder Affairs was fortunate to receive a generous donation from Alliance for Respiratory Health Care Inc. in the memory of these two charismatic women. Mary and Jean also served as volunteers there, for many years. Thanks to Sunny Shaw for thinking of us. We have purchased a 85 inch colored TV and a DVD with the money received. The TV has been installed in our new room and everyone is delighted. Please join Mayor Sullivan as he dedicates this TV in the memory of these two remarkable women. Sunny will be joining us for the dedication.

**Where: 71 Cleveland Avenue, Please call 781-848-1963 to sign up.
Refreshments will be served.**

Senior Walk for Health and Fitness, Save the Date



Mark

your cal-

endars

Wednesday, October, 9, 2019

Rain date, Friday, October, 11, 2019

We are excited to step into the 12th year of our "Annual Walk for Senior Health and Fitness," in collaboration with Weymouth Elder Services. Supported by MCOA Go for Life and many local Elder Care Services

Sign up begins in September



**Massachusetts
Councils On Aging**

Sheriff's Cookout



Public

Safety

Information Cookout

Date: September 9

Time: 11:30 AM

Sheriff McDermott will discuss the Norfolk County Sheriff's Office public safety programs that are particularly beneficial to the senior citizens of Braintree. Norfolk County Sheriff's Office will supply and staff members will cook and serve Hot Dogs, Hamburgers and cold drinks to Braintree Senior Citizens.

Please call on or after September 3rd at 9:30 am to sign up. Braintree Residents take preference

Origami with Peg

Dates: September 16th and 23rd

Time: 1:00 PM

Where: Braintree Elder Affair

\$4.00 per class

Is an activity in *Senior Centers* abroad as it will help improve the hand-eye coordination for *seniors*. In fact, specific modified *Origami* figures are used in helping those affected by Alzheimer's disease. It improves the mental faculty because it helps improves your focus and mental skills.



Rosie is Back!

Rosie from Brightview

And she is better than ever!

Join us for Dancing and

Refreshments

Featuring

Arko Beybutyan

From "You Think You Can Dance"

No Partner needed.

September 13 @ 1:00PM

Please call 781-848-1963 to sign up



ART CLASS

Take part in an exciting acrylic painting workshop!

Subject matter will be a fall landscape with reflections in a lake or bring your own photo to work with.

Bring your own paints/brushes or use a "loaner set" of paints.

11"by 14" canvas will be available for purchase for \$1.00

Fridays October 18 through Nov 8

10-11:30. Max: 10 students

\$20.00 fee

Instructor: Barb Wilson





Friday, September 6

“City Slickers”



Every year, three friends take a vacation away from their wives. This year, henpecked married Ed (Bruno Kirby), and Mitch (Billy Crystal) -- terrified of his midlife crisis -- decide to reignite their masculinity by taking a supervised cattle drive across the Southwest. Under the supervision of gruff cowboy Curly (Jack Palance), the men set out on a journey that turns unexpectedly dangerous. The three men bond along the way to conquering their fear of aging.

Phil (Daniel Stern), newly married Ed (Bruno Kirby), and Mitch (Billy Crystal) -- terrified of his midlife crisis -- decide to reignite their masculinity by taking a supervised cattle drive across the Southwest. Under the supervision of gruff cowboy Curly (Jack Palance), the men set out on a journey that turns unexpectedly dangerous. The three men bond along the way to conquering their fear of aging.

Friday, September 13

No Movie

Friday, September 20

“Baby’s Day Out”



Posing as children's photographers, three crooks (Joe Mantegna, Joe Pantoliano, Brian Doyle-Murray) scheme their way into a mansion to kidnap an infant (Adam Robert Worton, Jacob Joseph Worton). Their host, however, escaping their hideout and making his way into downtown Chicago. Now the con men have to find their abductee, who believes that in order to return home he must reenact scenes from his favorite storybook, including trips to the zoo and a construction site.

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Friday, August 27

“Fever Pitch”



When Ben Wrightman (Jimmy Fallon), a young teacher, begins dating pretty business-woman Lindsey Meeks (Drew Barrymore), the two don't seem to have a lot of the same interests, but they fall in love, regardless. Their romance goes well until baseball season begins, and Lindsey soon realizes that Ben is completely obsessed with the Boston Red Sox. Though she tries to understand Ben's passionate team loyalty, eventually it threatens to end their otherwise happy relationship.

**Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184**

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2019 Board Members
Henry (Hank) Joyce, Chairman of the Board

**Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Robert Caruso, Treasurer**

**Lucille Barton
Tim Burke
Leland Dingee**

**Jane Fogg
Connie Mattina
June Newman**

THE FRIENDS

Dear Friends,

Sure hope you've enjoyed this summer of warm (sometimes hot) weather with longer days and more outside activities.

Our first meeting of this new fiscal year is scheduled for Thursday, September 26th, at 2:00 p.m. All members are invited to attend, participate and vote on all matters that come before us.

Since this is the meeting where we usually plan our schedule for the year, we would like to have YOU in attendance. Your input is vital to the success of our organization. Please mark your calendars and plan on being with us.

Sure hope to see you on the 26th!
The Friends

Friends

**The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.**